

Live Well Challenge - Eat Smart Point Tracking Worksheet

Week 5: August 11 - August 17

For definitions and maximum points see: [How to Earn Points](#)

Complete green cells below	Yellow cells should calculate automatically
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Place points in each cell if appropriate								Point Criteria	
Eat Smart	M	T	W	T	F	S	S	Points	Eat Smart - 30 points weekly max
Healthy Breakfast								0	1 point daily
2 1/2 cups vegetables								0	
2 cups fruit								0	
3 oz of whole grains								0	
Visit Farmers Market or Healthier Vending Machine Snack								0	
Stress Less									2 points weekly
Stress reduction for 15min.								0	Stress Less - 7 points weekly max
General Health									1 point daily
Floss & Brush								0	
Slept 7+ Hours								0	
8-8oz glass of water								0	
Worksite Health Promotion									1 point daily
When the week is finished, report this total score to your Team Captain:								0	